



LIVING A BALANCED LIFE WITH DIABETES:

Resource Materials for American Indian
and Alaska Native Peoples



National Diabetes Education Program

DIABETES MATERIALS FOR AMERICAN INDIANS/ALASKA NATIVES

American Diabetes Association

Awakening the Spirit materials

www.diabetes.org/in-my-community/programs/native-american-programs/awakening-the-spirit.html

This website provides information about:

- Preventing and controlling diabetes in American Indians

Full Circle Diabetes Program Resource Toolkit: Your Guide to Successful Program Implementation

<http://diabetesinitiative.org/resources/tools/ToolsStaffTraining.summary30-MAIC.html>

This website provides information about:

- Developing holistic program interventions for the community
- Diabetes programs centered around community needs and interests

Indian Health Service

Behavioral Health

www.ihs.gov/MedicalPrograms/Behavioral/

Division of Diabetes Treatment and Prevention

www.ihs.gov/MedicalPrograms/Diabetes

Indian Health Diabetes Best Practices

www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsBestPractices

These Indian Health Service webpages provides information on:

- Treating and preventing diabetes in American Indian/Alaska Natives
- Diabetes treatment, algorithms, training opportunities and educational materials
- Integrative behavioral health, suicide prevention, initiatives and conferences

RESOURCES ON SUICIDE PREVENTION FOR AMERICAN INDIANS/ ALASKA NATIVES

A Guide to Suicide Prevention For American Indian and Alaska Native Communities

<http://oneskycenter.org/documents/AGuidetoSuicidePreventionDRAFT.pdf>

This guide provides information about:

- Suicide prevention and how to create a community response plan

Assessment and Planning Tool Kit for Suicide Prevention in First Nations Communities

<http://www.ihs.gov/nonmedicalprograms/nspn/file/assessmentandplanningtoolkitforsuicideprevention-aug12.pdf>

This toolkit provides information about:

- Addressing the issue of suicide in First Nations communities

Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit for Tribal Child Welfare Programs.

www.nicwa.org/YouthSuicidePreventionToolkit/YSPToolkit.pdf

This toolkit provides information about:

- Developing policies to prevent youth suicide

First Nations Behavioral Health Association Catalogue of Effective Behavioral Health Practices for Tribal Communities

http://www.fnbha.org/pdf/fnbha_catalogue_best_practices_feb%2009.pdf

This report provides information about:

- Effective behavioral health practices for tribal communities
- Culturally based mental health and substance abuse prevention and treatment practices

The American Indian Life Skills

www.uwpress.wisc.edu/books/0129.htm

This website provides information about:

- Addressing key issues in American Indian adolescents' lives and teaching teens life skills

To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

http://www.sprc.org/library/Suicide_Prevention_Guide.pdf

This guide provides information about:

- Implementing programs that reduce the contributing risk factors of suicide

GENERAL INFORMATION ON DIABETES

National Diabetes Education Program

www.YourDiabetesInfo.org

This website provides information about:

- Publications on diabetes
- Prevention and control for various audiences including people with diabetes, those at risk, healthcare professionals, businesses and schools

Association of American Indian Physicians

http://www.aaip.org/?page=Diabetes_Impact

This website provides information about:

- Diabetes statistics for American Indians and Alaska Natives

Indian Health Service

Area Diabetes Consultants

<http://www.ihs.gov/MedicalPrograms/diabetes/index.cfm?module=peopleADC>

This website provides information about:

- Diabetes orientations, trainings, and activities for health care professionals

National Diabetes Information Clearinghouse (NDIC)

www.diabetes.niddk.nih.gov

This website provides information about:

- Diabetes treatment and complications
- Statistics
- Clinical trials

- Publications
- Guidelines
- Research reports

National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

www.cdc.gov/diabetes

This website provides information about:

- Diabetes data and trends
- Educational resources
- Publications

American Diabetes Association

www.diabetes.org

This website provides information about:

- Diabetes basics
- Living with diabetes
- Nutrition and physical activity
- Research

Joslin Diabetes Center

www.joslin.org

This website provides information about:

- Diabetes research
- Clinical care
- Publications
- Professional education

GENERAL INFORMATION ON NUTRITION

Food Nutrition Information Center

www.fnic.nal.usda.gov

This website provides information about:

- Credible, accurate and practical resources on nutrition for health professionals, educators, government personnel, and consumers

MyPyramid.gov

www.mypyramid.gov/

This website provides information about:

- Developing a personalized eating plan
- Assessing food and physical activity choices

Nutrition.gov

www.nutrition.gov

This website provides information about:

- Food and human nutrition for consumers

GENERAL INFORMATION ON HEALTH

National Institutes of Health (NIH)

www.americanindianhealth.nlm.nih.gov

This website provides information about:

- Improving the health of American Indian children and elders
- Overcoming mental and physical health challenges

Physical Activity Guidelines for Americans

www.health.gov/paguidelines

This website provides information about:

- Types and amounts of physical activity that offer health benefits to Americans

RESOURCES ON PSYCHOSOCIAL ISSUES

Native American Center for Excellence

www.nace.samhsa.gov/

This website provides information about:

- Finding resources for American Indian/Alaska Natives
- Understanding substance abuse prevention programs

Applied Suicide Intervention Skills Training

<http://aui.outreach.ou.edu/conferencetrainings/american-indian-prevention-services/>

This website provides information about:

- Suicide prevention and early intervention training

Behavioral Diabetes Institute

www.behavioraldiabetesinstitute.org

This website provides information about:

- Helping people master the unique challenges of diabetes
- Behavioral research in diabetes
- Providing health care workers with the specialty behavioral training necessary for managing diabetes effectively

Find Youth Information

www.findyouthinfo.gov/

This website provides information about:

- Tools and resources for youth, families, schools and community organizations related to various topics affecting youth
- Locating resources within communities to build youth programs

National Registry of Evidence-based Programs and Practices

www.nrepp.samhsa.gov/

This website provides information about:

- Finding interventions for mental health and substance abuse
- Learning how to carry out interventions in the community

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/
1-800-273-TALK (8255)

This website provides information about:

- Suicide prevention and crisis centers

Substance Abuse and Mental Health Services Administration

Prevention of Substance Abuse and Mental Illness

www.samhsa.gov/prevention/

This website provides information about:

- Preventing suicide
- Learning about Mental Health
- Learning about Substance Abuse
- Programming for Tobacco

Strategic Prevention Framework

www.samhsa.gov/prevention/spf.aspx

This website provides information about:

- Promoting youth development
- Reducing risk-taking behaviors in youth
- Preventing/reducing substance abuse and underage drinking
- Building prevention plans within communities

Suicide Prevention Resource Center

www.sprc.org/

This website provides information about:

- Learning about suicide prevention
- Understanding the basics of suicide
- Providing support
- Finding resources

American Association of Suicidology

<http://www.suicidology.org/web/guest/home>

This website provides information about:

- Training opportunities and conferences on suicide prevention
- Translating suicide prevention research into practice
- Resources

What a Difference a Friend Makes

www.whatadifference.samhsa.gov/native/

This website provides information about:

- Learning about mental illness
- Supporting friends with mental illness
- Understanding the recovery of mental illness

RESOURCES ON SUBSTANCE ABUSE PREVENTION

Native American Indian General Service Office of Alcoholics Anonymous

<http://www.naigso-aa.org>

This website provides information about:

- Alcohol recovery, unity and service to the more than 500 sovereign Indian Nations in North America, which are recognized by the Federal Government.

White Bison and Wellbriety Training Institute www.whitebison.org/

This website provides information about:

- Healing resources, with a focus on sobriety, recovery, addictions prevention, and wellness for American Indians and Alaska Natives.

American Indian Substance Abuse Prevention Resources

<http://aai.outreach.ou.edu/resource-center/other-programs/>

<http://aai.outreach.ou.edu/resource-center/substance-abuse-prevention-links/>

These webpages provide information about:

- Substance abuse prevention for American Indians and Alaska Natives

Minority and Women's Health Alcoholism and Drug Abuse

<http://www.womenshealth.gov/minority/americanindian/alcoholism.cfm>

This website provides information about:

- Alcohol and drug use in American Indians and Alaska Natives
- Resources for alcohol prevention

Substance Abuse and Mental Health Services Administration

<http://www.oas.samhsa.gov/2k10/182/AmericanIndian.htm>

This website provides information about:

- The National Survey on Drug Use and Health Report Findings for American Indians/Alaska Natives

National Institutes of Health

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov/Pages/default.aspx>

This website provides information about:

- Clinical guidelines for alcohol abuse prevention
- Pamphlets and brochures on alcohol use and abuse for the public

BOOKS ON DIABETES

Center for Disease Control and Prevention. *Stories to Reach Teach and Heal: A Guide for Diabetes Health Educators*. Atlanta: US Department of Health and Human Services: 2009.

Cypress, M. (2007). *Having Diabetes & Acting in an Honorable Way*. Seminole Health Department Diabetes Program.

Mora, Barbara. (2008). *Using Our Wit & Wisdom to Live Well with Diabetes*. Indian Health Service.

Mora, Barbara. (2008). *Using Our Wit & Wisdom to Live Well with Diabetes* [DVD]. Indian Health Service.

American Diabetes Association. (2005). *American Diabetes Association Complete Guide to Diabetes*. Alexandria, VA: American Diabetes Association.

American Diabetes Association (1997). *Caring for the Diabetic Soul: Restoring Emotional Balance for Yourself and Your Family*. American Diabetes Association.

Anderson, B., & Funnell, M. (2000). *The Art of Empowerment: Stories and Strategies for Diabetes Educators*. American Diabetes Association.

Feste, C. (1999). *Meditations on Diabetes: Strengthening Your Spirit in Every Season*. American Diabetes Association.

Kauffman, F. R. (2005). *Diabesity: The obesity-diabetes epidemic that threatens America and what we must do to stop it*. New York: Bantam Dell.

RESOURCES ON TOBACCO USE

California Rural Indian Health Board

<http://www.crihb.org/health-resources/tobacco-control.html>

This Website provides information about:

- The Tobacco Education and Prevention Technical Support Center, aimed at reducing commercial tobacco abuse among youth and adults

Indian Health Service

Division of Epidemiology and Disease Prevention

http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_main

http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_resources

These webpages provide information about:

- The Indian Health Service Tobacco Control/Prevention Program, its goals and mission
- Tobacco statistics, policies, and guidelines; and National and Federal Organizations that are addressing tobacco prevention

Help for Smokers and Other Tobacco Use

Agency for Healthcare Research and Quality

www.ahrq.gov/consumer/tobacco/helpsmokers.htm

This website provides information about:

- How to successfully quit smoking
- Good reasons why a person should quit smoking
- Health problems that may occur from smoking

Keep it Sacred

National Native Commercial Tobacco Abuse Prevention Network

<http://www.keepitsacred.org/network/>

This website provides information about:

- Evidence-based and culturally appropriate information to identify and eliminate health disparities related to commercial tobacco abuse
- Resources for tobacco use cessation, policy advocacy, and surveillance and evaluation

Northwest Portland Area Indian Health Board

http://www.npaihb.org/health_issues/tobacco_abuse/

This website provides information about:

- Key statistics related to tobacco and American Indians and Alaska Natives

WEB RESOURCES TO LOCATE HEALTH CENTERS AND MENTAL HEALTH SERVICES

Human Resources and Service Administration's Health Center Finder

http://findahealthcenter.hrsa.gov/search_hcc.aspx

This website provides information about:

- Federally-funded health centers that can help people without health insurance to locate health care

Substance Abuse and Mental Health Services

Administration Mental Health Services

www.store.samhsa.gov/mhlocator

This website provides information about:

- Mental health services and resources

Substance Abuse Facility Locator

www.findtreatment.samhsa.gov/

This website provides information about:

- Locating drug and alcohol abuse treatment programs

For information about Native Organizations and Urban Indian Centers, please visit <http://www.nativeculturelinks.com/organizations.html>

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